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|  | FOCUS |
| **Fairfax City Branch** | Volume 39, No. 5 February 2013 |

**Branch Meeting**

**Saturday, February 23, 10 a.m.**

**Kings Park Library**

**9000 Burke Lake Road, Burke, VA**

**The Heart Truth®**By Trudi Arnold

Join AAUW Fairfax City Branch at the Kings Park Library, February 23, at 10 a.m. to hear The Heart Truth® for women. The program, developed by the U.S. Department of Health and Human Services, is presented by women volunteers to alert women to the risk of heart disease.

You are invited to come wearing red to acknowledge that February is Women's Heart Month. More women suffer from heart disease than from all cancers combined. Women must know how to recognize and prevent the risk of heart disease. More knowledge can help us be more prepared. We will learn the risk factors, how to prevent heart disease, and how to talk with your own doctors about heart disease. You will hear from other women about their experiences, see a short video and have an opportunity to ask questions. You will be given useful take-home materials.

Let me repeat the invitation to wear red. The red dress has become a symbol to remind women of The Heart Truth® message: "Heart Disease Doesn't Care What You Wear—It's the Number One Killer of Women." The goal of the national health agencies that endorse this health campaign program is that the red dress will raise awareness of the danger and inspire each woman to take action.

It has not been a year since my own heart attack. My left artery had a 99 percent blockage, so the wonderful heart surgery team of INOVA Fairfax removed the blockage with angioplasty and placed a mesh stent to open the artery. Because I had been an active tennis player, my heart muscles stayed strong and sustained no damage. However, I do live with CAD, coronary artery disease. It's a blessing to know that through proper nutrition, exercise, appropriate medications, and avoiding stress, I will continue my life comfortably.

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**Membership Memo**By Dottie Joslin

**Half-year Dues for New Members**Do you have friends who never belonged to AAUW or who are lapsed members? Tell them about AAUW’s mission to advance equity for women and girls through advocacy, education, philanthropy, and research and invite them to join. Through March 15, new and lapsed members can join the Fairfax City Branch by paying half-year dues ($41) for membership through June 30, 2013. If they join at the February 23 branch meeting, AAUW’s Shape the Future Discount reduces the half-year dues to only $28.75. Bring a guest to our next meeting and share your enthusiasm for AAUW! Please refer prospective members to Dottie Joslin at [j.joslin3@verizon.net](mailto:j.joslin3@verizoon.net) or 703/591-9035.

**Every Member Survey**

By now, every AAUW member should have received the Every Member Survey, which was in the Winter 2013 issue of *AAUW Outlook* and is available [online](http://www.aauw.org/membersurvey2012). Take ten minutes to help shape AAUW’s programs and activities for the coming year by responding to the survey by April 2, 2013. Make sure your voice is heard!

**Directory Edits and Additions**

**Colleen Allen,** 22015

**Theresa Anderson**

**Betty Mangler**  
  
B.S. Nursing Education, Florida State U

**Sharon L. Ruth (Frank)**

B.S. English, Journalism, E. Tennessee State   
M.A., English, George Mason U.

**Grace Stephenson**  
  
M.A. Educ. of Deaf, Gallaudet U  
Certificate Teaching Blind, Trinity College

**Marian McLaughlin**

M.S. Nutrition, Pennsylvania State U

**Technology Futures Unlimited**By Suzanne Mahoney

We have cancelled TFU for 2013. We were unable to reserve a school of our choice. Even though TFU is co-sponsored by Fairfax County Public Schools, priority is given to other school-related activities such as athletic tournaments and science fairs. We had reserved Thomas Jefferson, but due to the earlier start of planned renovation, we were reassigned to Annandale.

Unfortunately, Annandale’s facilities are so spread out that we were concerned not only about potential confusion, but also that one of the students attending TFU could become lost. That was the primary reason for cancelling TFU this year.

The estimate for TFU costs is $4,700. This includes mailing registration forms to the parents of middle school girls, paying for school services on the day of TFU, and providing programs and refreshments for TFU attendees and presenters. Income from student fees can range from $3,000 to $4,000 depending upon the number attending. Donations make up the difference. However, they can be uncertain as well.

During the coming year, we shall explore methods for funding TFU. Please let me know if you have any ideas or contacts.

**Branch AAUW Contribution**By Jan Humphrey

It used to be the case that AAUW expected its branches to make financial contributions to the Legal Advocacy Fund (LAF) and the Education Foundation, which supported scholarships and research. The Association set goals of $5 per member and $25 per member, respectively, for the two funds. Fairfax City Branch generally complied with this expectation.

In recent years, AAUW’s fundraising has been reorganized, and the explicit per-member goals have been dropped. Our branch has continued to contribute to the national association, primarily using profits from our Book and Author Luncheon, and according to the branch’s financial health.

At its January meeting, the branch board agreed that $1,000 should be taken from our very healthy operating funds and contributed equally to the AAUW Fund and the Educational Opportunities Fund. A raffle at our end-of-year banquet in May 2012 raised $150 for LAF, which was contributed to that fund at the same time.

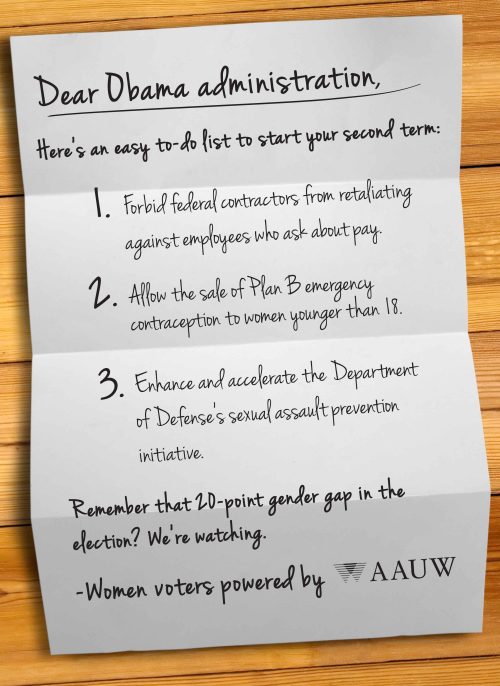
A number of members made individual contributions during the year to a variety of AAUW programs. These were credited to our branch. Individual and branch contributions to LAF this year total $280. Other funds, primarily the AAUW Fund and Educational Opportunities Fund, received $1,260.

For a description of the various funds, go online to [www.aauw.org/contribute/faq.cfm](http://www.aauw.org/contribute/faq.cfm).

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**Public Policy**  
By Renee Prasad

Now that President Obama has been given the mandate for a second term in office, we hope that he will succeed in fulfilling most of the remaining promises he has made. AAUW has also suggested the following:

[](http://aauwnational.files.wordpress.com/2013/01/dear-obama-21.jpg)**Member News**

**Member Sylvia Castelnovo** passed away Wednesday morning, January 30, at Capital Caring Hospice. She had battled an intractable infection that began in December and was hospitalized several times. A memorial service will be on Sunday, February 10, at 1:00 p.m. at Everly Funeral Home, 10565 Main Street. Everly’s website at [www.tributes.com/show/Sylvia-Janet-Castelnovo-95164391](http://www.tributes.com/show/Sylvia-Janet-Castelnovo-95164391) has further information.

**Judy Beyer**, a former branch member of long standing, is currently receiving hospice care. Although she moved to upstate New York in 2002, she has kept in touch with several of our current members who know of her dedication to the branch and her many activities in its behalf. Notes and cards are welcome at her home, 202 Stoutenburgh Lane, Pittsford, New York, 14534.

**New member Marian D. McLaughlin** has a B.S. in dietetics from Drexel University and a M.S. in nutrition from Penn State. She worked in hospitals and public health until 1989 when she and her family moved to Northern Virginia from Philadelphia due to her husband’s new federal job assignment.

Until 2007, Marian was busy raising her two daughters and working as a substitute teacher in the Fairfax County school system. In 2007, she returned to work full time as a medical records coder for Inova Health Systems. Because she works from home, Marian thought joining AAUW would be one way to meet new people. She saw a notice in the *Washington Post* about an open house event at the Vienna branch, and she’s been a member there for several years. Recently, she decided to join both the Springfield-Annandale and Fairfax City branches to support their programs and meet even more new people!

The next few months will be busy as Marian helps to implement the new electronic health care record (known as Epic). In her spare time, Marian enjoys working out at the Audrey Moore recreation center, walking and biking around Lake Accotink, visiting her family (including her 92-year-old mother) in Philadelphia, and participating in the Vienna branch book clubs.

**Susan Lynch**, recipient of one of our branch’s Beverly Anderson Scholarship, wrote the following note:

... I'm hoping to graduate in December 2013! I'll be taking classes all year round in order to do so (no summer break) but with the end in sight, I'm so motivated. I have the AAUW Fairfax Chapter to thank for their financial support in helping me achieve this goal.

Good for you, Susan!

**Northern District News**By Sandy Lawrence  
Northern District Representative

**George Mason College/University Partner** got a big boost when Kitty Richardson and I met with the directors, associate director, and graduate students at the Office of Diversity, Inclusion and Multicultural Education and the Office of Women and Gender Studies in December. We discussed activities within AAUW at all levels and the many resources in the D.C. area that could be tapped. For the spring semester, we are looking at activities such as involvement with Lobby Corp, having a presentation from Turning Point Suffragist Memorial, sponsoring students to attend NCCWSL, and publicizing e-student membership.

**Sexual Assaults in the Military**. The Academy Award nominated “Invisible War” and the high-profile lawsuits LAF has supported have influenced the 2013 National Defense Authorization Act (NDAA). The NDAA has 19 amendments that reform sexual assault/harassment policies, including

* prohibiting the military from recruiting anyone convicted of a sex offense,
* mandatory separation of convicted sex offenders,
* creating "special victims units" to improve investigation, prosecution and victim support, and
* creating an independent review panel to closely examine the way that the DoD investigates, prosecutes, and adjudicates sexual assaults.

However, a recommendation to change how rapes are reported and prosecuted was not acted on. Currently reports must go through the service member’s chain of command. The Sexual Assault Training Oversight and Prevention Act, which AAUW supports, calls for rape cases be tried in civilian rather than military court. DoD opposes this change as it would disrupt “good order and discipline”.

**Lobby Day in Richmond**. On February 6, VA AAUW is teaming up with the League of Women Voters to lobby in Richmond. This effort is especially critical this year as all elected offices are up for election. It starts at 8:30 am with a Women’s Round table. For more information, contact Angela Booker, Co-VP Public Policy at angeladbooker@gmail.com.

**Suffrage Centennial Celebration**

The weekend of March 1–3 marks the centennial of the suffrage march held in Washington D.C., on March 3, 1913. A variety of events that AAUW branch members might like to know about are listed on this website: <http://suffrage-centennial.org/>. On Saturday March 2, AAUW will host two events at the headquarters building: 1111 16th Street NW, Washington, D. C.

* 9 a.m.–noon: Panel on Modern Day Activism and the Role of Social Media
* 2 p.m.–4 p.m.: Author Robert Cooney discusses his book [*Winning the Vote: The Triumph of the American Woman Suffrage Movement*](http://www.amazon.com/Winning-Vote-American-Suffrage-Movement/dp/0977009505/ref=sr_1_sc_1?s=books&ie=UTF8&qid=1359474000&sr=1-1-spell&keywords=Winning+the+Vote+by+Robert+Dooney).

Suzanne Gould will also be available that day from 9–5 to display some material from AAUW’s archives and to talk with visitors about AAUW’s history. Tours of the building will be available for AAUW members. Several non-D.C. based organizations will have information tables set up.

For more information contact

Suzanne Gould

Archivist & Records Manager

AAUW, 1111 Sixteenth St. NW, Washington, DC 20036

[202/785-7776](tel:202.785.7776) | CFC #11319 | [www.aauw.org](http://www.aauw.org/)

**Calendar**

**State Lobby Day in Richmond**Wednesday, February 6

**Branch Board Meeting**  
Wednesday, February 6, 7–9 p.m.  
Home of Ann Slomski

**Branch Meeting**  
Saturday, February 23, 10 a.m.  
*The Heart Truth*Kings Park Library

**State Conference**Saturday, April 13  
Richmond

**Branch Annual Meeting**Saturday, April 20 *Historical Women of Fairfax*Speaker: Lynn Garvey Hodge

#### Interest Groups

#### Bridge

The bridge group will continue to meet on a regular basis. For more information contact Charlene Comtois.

#### Salon Discussion Group

Friday, February 8 from 12 to 2:00 p.m.   
Kathleen Henry’s home

Salon’s first Great Decisions discussion will be about defense spending, *Sacred Cow: Defending America On A Budget.* Bring your own lunch and Kathleen will provide beverages and dessert. Please let her know if you plan to attend.

**Night Owls Book Discussion Group**

Tuesday, February 12 at 6:30 p.m.  
Home of Ida Portland

Leslie Vandivere will lead our discussion of The Fall of Giants by Ken Follett. Please let Ida know if you will be attending.

#### Afternoon Literature

**Wednesday, February 20 at 1 p.m.**  
Home of Kathleen Henry

We will discuss Paul Coelho's *The Alchemist*.

#### Musical Notes

**Friday, February 22 at 1 p.m.**  
Home of Dottie Joslin

We’ll watch the second half of Bellini’s lovely opera, *I Puritani.* As always, be sure to let Dottie know that you will join us.

**AAUW Vienna Branch invites you to their**

**2nd Annual February Fiesta**

**Ladies Night at Tequila Grande**

444 Maple Ave West, Vienna VA 22180

6–9 p.m., Thursday, February 7, 2013

Get away from the dreary weather and join your AAUW friends for a fun filled evening!!   
And for more good news:

House Margaritas, Domestic Draft Beer And House Wines Are Half Price!!!

Open to everyone! Marian will either buy a drink for each of our male guests or she will make a $10 donation to an AAUW fund for each man who joins us!   
So bring your family and friends for a fun evening!

For more information, contact Marian McLaughlin at [mariandmcl@aol.com](mailto:mariandmcl@aol.com) or 703/321-7499

# OFFICERS AND COMMITTEE CHAIRS

###### **Branch Website**

[**fairfaxcity-va.aauw.net/**](http://www.aauwofva.org/branches/fairfaxcity.htm)

**Co-President: Ann Abbott Slomski**

**(anabbott@verizon.net)**

**Co-President: Leslie Vandivere**

**(lvandivere@cox.net)**

**Co-Program Vice President: Kay Corbett**

**(kaycorbett1@msn.com)**

**Co-Program Vice President: Trudi Arnold**

**(trudia1@juno.com)**

**Membership Vice President: Dottie Joslin**

**(j.joslin3@verizon.net)**

**Co-Secretaries: Dianne Blais**

**(dianneblais@aol.com**

**Prativa Prasad**

**(balramprasad@gmail.com)**

**Treasurer: Jan Humphrey**

**(dandjhumph@aol.com)**

**AAUW Funds and Scholarship:**

**Cindy Greenspan**

**(**[**cindy@dbls.com**](mailto:cindy@dbls.com)**)**

**Public Policy: Renee Prasad**

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**Branch and Major Event Chairs**

**Newsletter Editor: Charlene Comtois**

**(Charcomt@aol.com)**

**Directory: Dottie Joslin, Leslie Vandivere**



**Penny C. Welke**

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**3921 Old Lee Highway Fax: 691-1088**

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**Book and Author Luncheon:**

**Barbara Klementz**

**(brbklm5@verizon.net)**

**Suzanne Mahoney**

**(suzanne070946@mac.com)**

**Career Day for Middle School Girls:**

**Coordinator: Suzanne Mahoney**

**(suzanne070946@mac.com)**

**Olga Burns**

**(rubato12@aol.com)**

**Interest Group Chairs**

**Bridge: Charlene Comtois**

**(Charcomt@aol.com)**

**Afternoon Literature: Renee Prasad**

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**Night Owls: Paulette Miller**

**(psmiller10847@verizon.net)**

**Salon Discussion : Kathleen Henry**

**(kchenry@aeitv.net)**

**Musical Notes: Olga Burns**

**(rubato12@aol.com)**

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AAUW advances equity for women and girls through advocacy, education, philanthropy, and research.

In principle and in practice, AAUW values and seeks a diverse membership. There shall be no barriers to full participation in this organization on the basis of gender, race, creed, age, sexual orientation, national origin, disability, or class.

The AAUW Educational Foundation provides funds to advance education, research, and self-development for women and to foster equity and positive societal change.

The AAUW Legal Advocacy Fund provides funding and a support system for women seeking judicial redress for sex discrimination.



Leslie Vandivere

13825 Baywood Ct.

Centreville, VA 20120